

THE SUNNY POST

01 - 04

OPENING DIALOGUES AND
FOSTERING CULTURAL EXCHANGE
AN INTERVIEW WITH
THE INTERNATIONAL TEAM
展開對話與促進文化交流
伍宜孫書院國際小組專訪

05 - 11

COLLEGE ACTIVITIES/
STUDENT ACHIEVEMENTS/
STUDENT ACTIVITIES/
NEWS OF COLLEGE MEMBERS/
ALUMNI NEWS
書院活動/ 學生殊榮/
學生活動/ 書院成員消息/ 校友消息

12

LET'S SHARE
老師分享

13 - 14

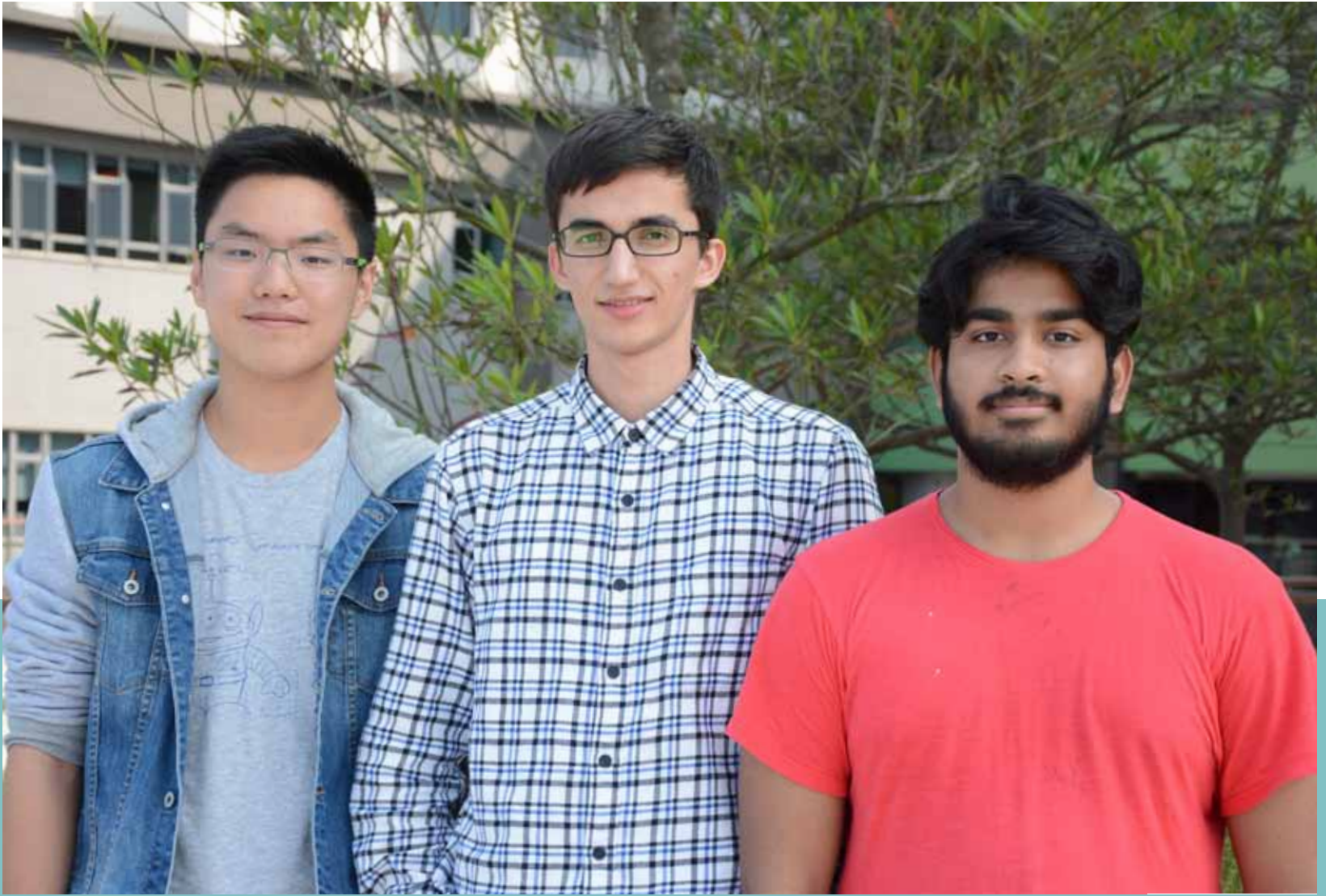
YAN CHAK SERVICE-
LEARNING PROGRAMME:
SERVICE-LEARNING TRIP
TO YUNNAN 2018
仁澤服務學習計劃：
二零一八年度雲南服務學習之旅



ISSUE
TWENTY SEVEN
MAR 2019

www.cuhk.edu.hk/wys
www.facebook.com/WuYeeSunCollege





OPENING DIALOGUES AND FOSTERING CULTURAL EXCHANGE

An Interview with the International Team

展開對話與促進文化交流

伍宜孫書院國際小組專訪

Student Reporter: Queenie K.Y. Law (Government and Public Administration/ 4)

學生記者: 羅鈞渝 (政治與行政學四年級)

Faiyaz Rahman (Engineering/ 1) from Bangladesh, Rustami Ubaydullo (Computer Science/ 2) from Tajikistan, and Steve W.C. Huang (Integrated BBA/ 3) from Taiwan are all full-time international students and the members of the International Team of Wu Yee Sun College after its reformation. With the aim of creating inclusive occasions where local and international students can come together and exchange ideas, the Team have organised an array of activities in the past year.

REFORMING THE TEAM

The three members noticed that most cultural activities at CUHK are organised by Cantonese-speaking student societies and are mainly targeted towards local students. There are not many chances for international students to interact with locals. 'We thought we should create a team that organises events in English so that locals and international students can come together and strengthen their relationship', said Rustami. In order to organise more activities systematically and effectively, the International Team (I-Team) was reformed in the beginning of 2018. Steve added, 'Before the reform, the function of I-Team was limited to organising a welcoming and farewell dinner for exchange students, and because of the team's large size, it was difficult to manage. To solve this, we decided to limit the number of members to four people, and focus on organising successive events instead of one-time activities.'

ACTIVITIES ORGANISED IN THE PAST YEAR

The team have organised a number of workshops, forums and gatherings in the past year. The first activity was a Chinese New Year celebration dinner where students from all around the globe came together and enjoyed the traditional Chinese holiday with snacks and games. Students from different cultures also presented their own way of celebrating the new year. Following the dinner is an Ebru art workshop held in the College Gallery. Ebru painting is particularly popular in Central Asia and the team have invited a Turkish painter to introduce the mesmerising art of water-painting. Participants

also got to create their own piece of artwork which made the event extra remarkable. Apart from artistic events, the team have coordinated a World War II forum, inviting students from Denmark, Taiwan, Indonesia and Tajikistan to share their perspective regarding World War II.

Last November, the team took part in the College Anniversary Celebration and incorporated international elements in the Sunny Festival. 'Some international students told us that they thought the festival was organised for local students only as it was mainly in Cantonese, but we wish that both international and exchange students would enjoy and take part in such a big celebration. So, we tried to invite people from different countries as performers during the festival. We had musicians and dancers from Kazakhstan, India and Japan. We also set up game booths and food stalls selling traditional handicrafts and snacks. We were so glad to have successfully increased cultural diversity in this massive event,' said Steve.

It is always tiring and challenging to organise student events, but what truly motivates the team are positive responses from their participants. For Steve, the most remarkable experience he had in the I-Team was the Turkish water paint workshop. 'It was amazing to have a Turkish artist performing right in front of us, and I even got to make my own piece of handicraft which is a rare opportunity. I was also overjoyed to see how all the participants enjoyed the workshop.' For Rustami, the WWII event motivated him to continue organising activities for international students as the participants reflected their desire to have more of this kind of event.

FUTURE PROJECTS



1/ Workshop on the Art of Drawing on the Water – Ebru
浮水畫工作坊

2/ Forum on World War II
第二次世界大戰論壇



3/



3/



4/

3/ Different cultural performances, including dance and musical instruments, were introduced to the audience in the Sunny Festival

同學於 The Sunny Festival 中的多國文化表演讓參與者耳目一新

4/ Students trying out Congkak, a mancala game from Malaysia in one of the booths in the Sunny Festival

參與同學於 The Sunny Festival 的攤位試玩馬來西亞的「馬來播棋」

Following the success of the team's past events, I-Team members are expanding their work to the local community. This semester, the Team is cooperating with a local primary school in Lai King. Both local and international students will be visiting the school for five sessions to exchange ideas on various issues such as new year celebration practices and childhood games in different parts of the world. International students can also participate in a field trip to public housing estates to learn more about the living conditions in Hong Kong. Rustami shared that apart from community engagement, they would love to organise themed workshops and forums. It is a great idea to have people from different backgrounds exchanging their unique perspectives on each topic so that we can learn from each other.

Overall, all three members are positive about the relationship between local and international students. 'Maybe the distance or cultural barrier between the two student populations is not that large, it is just that we lack occasions to come together and get to know one another,' said Rustami. Wu Yee Sun College encourages students to develop a global vision and explore different cultures. The I-Team is a great platform for students to engage in dialogue with people from all walks of life. Let's look forward to the future events organised by the I-Team!

“ Maybe the distance or cultural barrier between the two student populations is not that large, it is just that we lack occasions to come together and get to know one another. ”



可能本地與國際生之間的隔膜並非如此嚴重，
只是缺乏可以交流的場合。



Faiyaz Rahman（工程學一年級）、Ubaydullo Rustami（計算機科學二年級）和黃偉傑 Steve（工商管理學三年級）三位分別來自孟加拉、塔吉克斯坦和台灣的本院學生。三人除了是全日制國際生以外，亦是伍宜孫書院國際小組（下稱 I-Team）改組後的成員。團隊在過去一年致力舉辦各種活動，以增加本地生與國際生的交流機會。

隊伍重組

三人留意到中大的學生活動往往由本地學生組織為本地學生舉辦，活動語言多為廣東話，國際生鮮有機會與本地生交流。Rustami 說：「有見及此，我們希望舉辦以英語為主的活動，讓本地生與國際生皆能參與，拉近雙方距離。」International Team (I-Team) 於二零一八年初改組，逐漸發展成今日所見的模式。Steve 指出：「以往的 I-Team 除了為交換生舉辦歡迎和告別晚宴以外，往往難以舉辦其他活動，隊內人數亦高達十人，合作甚為困難。故改組後的 I-Team 削減至四人，有系統地舉辦一系列的活動。」

過往活動簡況

過去一年，I-Team 舉辦了數個工作坊、論壇與聚會供書院同學參加。二零一八年初，I-Team 舉辦農曆新年慶祝活動，大會準備了小食、遊戲和書法教學等與參與者共度佳節，國際生亦分享自己國家慶祝新年的方法。及後，I-Team 舉辦土耳其浮水畫工作坊，邀請來自土耳其的藝術家為書院同學示範繪畫方法，同學甚至有機會親手製作屬於自己獨一無二的浮水畫。除了藝術活動，I-Team 亦舉辦學術性質的論壇，邀得分別來自丹麥、台灣、印尼及塔吉克斯坦的國際生就第二次世界大戰分享他們的看法。

去年十一月，I-Team 亦嘗試為書院院慶的 The

Sunny Festival 加入國際元素。「由於活動以廣東話進行，有國際生誤以為院慶是為本地生而設的活動，而我們希望國際生亦能一起慶祝書院生日，我們便邀請了來自哈薩克斯坦、印度和日本的同學在 The Sunny Festival 表演傳統音樂與舞蹈。我們亦設立遊戲和食物攤位，售賣各地傳統小食和手作。很高興我們能在如此盛大的慶典增加文化的多元性。」

舉辦學生活動往往耗盡心力，但同學的支持令三位堅持為書院學生服務。令 Steve 印象最深刻的活動是土耳其浮水畫工作坊：「有一位土耳其籍的畫家在我眼前作畫，甚至我自己亦能落手參與，如此機會實在難得。同學對活動的正面評價亦令我鼓舞！」Rustami 則表示，不時有學生明言希望有更多類似「第二次世界大戰論壇」的活動，證明自己的努力沒有白費。

未來展望

新的一年，I-Team 將與一所位於荔景的小學合作，將活動規模擴展至香港社區。參與的國際生有機會到訪該小學五次，就新年、兒時玩意等主題與小學生進行交流。另外，I-Team 將安排國際生到本地居所參觀，以了解港人居住環境。Rustami 表示 I-Team 進入社區的同時，亦會在書院舉辦論壇，讓同學就著同一個議題抒發己見、互相學習。

當被問到本地和國際生的關係時，三人對此皆持樂觀態度。Rustami 指：「可能本地與國際生之間的隔膜並非如此嚴重，只是缺乏可以交流的場合。」事實上，書院一直鼓勵同學擴闊國際視野並體驗各地風土人情，而 I-Team 舉辦的活動正能讓來自世界各地的學生展開對話，互相了解。在此祝願 I-Team 日後的活動能繼續促進文化交流，並推動本地與國際生的融合！



5/



6/

5/ Fun Fun Chinese New Year
賀年活動

6/ Team members at the Sunny Festival
團隊成員參與 The Sunny Festival

COLLEGE ACTIVITIES

書院活動

NEWS OF COLLEGE MEMBERS

書院成員消息

College member Professor Ka-ming Wu has been selected to join Homeward Bound, a leadership outreach initiative spanning ten years which aims to equip a 1,000-strong global collaboration of women with STEM (science, technology, engineering, mathematics, medicine) backgrounds to lead, influence and contribute to policy and decision-making which will inform our planet's future. Professor Wu is the only member from Hong Kong and with a social science background chosen, along with 94 members from around the globe this year. The programme will conclude in November with a scientific research training trip in Antarctica.

College member Professor Nicole W.T. Cheung served as a Member of the Organising Committee of the conference titled 'Identity Politics in a Globalized World: The 20th Annual Conference of Hong Kong Sociological Association' organised by the Department of Sociology and supported by the College's Academic Conference Sponsorship Scheme in December 2018.

書院成員胡嘉明教授獲選參與 Homeward Bound，為本年度全球九十四位入選者中唯一來自香港及社會科學界別的參與者。Homeward Bound 致力於用十年時間在全球範圍招募一千名女性科學家，培養她們的領導力和決策力，幫助她們將來在環境保護和科學政策方面發揮自己的影響力，從而為保護地球家園作出貢獻。本年計劃將於十一月以南極考察之旅作終結。

書院成員鄭慧婷教授擔任「香港社會學學會第二十二屆週年學術會議」籌委會成員。會議由社會學系於二零一八年十二月舉辦，並獲書院撥款資助。



COLLEGE FORUMS AND HIGH TABLE DINNER

書院論壇及高桌晚宴



The College has organised three Forums in the past two months to allow students to interact with distinguished speakers from different backgrounds. In the first Forum, Professor King-ming Chan from the School of Life Sciences introduced the concept of gene editing, and discussed related ethical issues such as the bioethical concerns of gene-edited babies.

In the Forum entitled 'From "Doctors with borders" to "Doctors without borders"', Dr. Shannon Melissa Chan went through her experience when serving as a field worker with Médecins Sans Frontières in South Sudan. Through different anecdotes, she encouraged students to treasure what we have and to not take anything for granted.

Mr. Larry T.F. Lai and his team introduced the audience to the art of leaf-whistling, and how it relates to both humans and nature. They also gave a live demonstration of this beautiful art form to the audience.

A High Table Dinner was held in February in which Mr. Yiu-wah Chan, former RTHK Assistant Director of Broadcasting, gave a talk titled 'From Top Ten Gold Songs to Hourly News – How Public Service Broadcasting Is Serving Us'. He first talked about how the meanings of different lyrics



of Canto-pop songs reflected the society, history and changes of Hong Kong, and later shared with students the impact and influence of Public Service Broadcasting obtaining the rights to broadcast news other than those stories which were prepared by the Hong Kong Government back in 1973.

書院於過去兩個月舉辦三場書院論壇，讓同學與不同領域的傑出人士交流。生命科學學院陳竟明教授為同學講解何謂基因編輯，並討論基因改造嬰兒相關的倫理問題。

陳詩瓏醫生則於第二場論壇分享她於南蘇丹擔任無國界醫生時的見聞，透過多個小故事，她勉勵同學珍惜眼前，並謹記不要將現在所擁有的視為理所當然。

賴德輝先生與團隊為同學介紹葉笛的藝術，讓同學體會人與自然的關係，又即席表演，在場人士均深深感受這種音樂的優美。

此外，書院於二月邀得前香港電台助理廣播處長陳耀華先生於高桌晚宴主講，以「從十大金曲到新聞報導——公共廣播如何服務大眾」為題，與同學分析耳熟能詳的金曲歌詞，回顧香港不同年代的社會景況及變遷，並討論新聞自由的重要，最後帶出公共廣播的公信力。



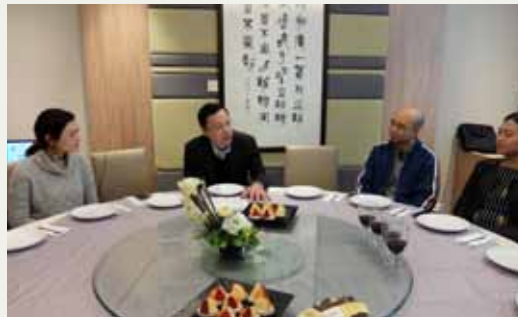
WARM WELCOME TO NEW FRIENDS

新臉孔 新朋友



The College has hosted around forty incoming exchange students this semester. The International Team and the College organised a dinner to present our warmest welcome to them in January. College Master Professor Anthony T.C. Chan and College Associate Dean of Students Dr. Po-kin Leung greeted the exchange students, introduced the College to them and encouraged them to explore Hong Kong. Participants tried the traditional Poon Choi and enjoyed the buffet. They made new friends and had a great time chatting with people from different backgrounds. They also understood more about the College and Hong Kong from the sharing among the tables and the interesting quiz.

We should not forget to welcome our new staff members as well! CUHK staff members who have joined the College since 2018 were invited to a Welcoming Tea Gathering in February to get to know more about the College. College Master Professor Anthony T.C. Chan gave the participants an overview of the College's work and campus facilities, while Dean of Students Professor Man-hong Lai highlighted some key student activities and College support to students. The newcomers gained a better understanding of the College and were happy to contribute in their areas of specialty and interests.



每學期約有四十位交換生加入書院。為歡迎下學期來港交換生，書院聯同學生組織國際小組於一月舉辦晚宴。院長陳德章教授和副輔導長梁寶建博士向交換生介紹書院，又鼓勵他們多探索香港。當晚除自助餐外，還有別具特色的傳統盆菜供同學品嚐。他們一邊享受美食，一邊與同桌的師生交流，既能認識來自不同地區的新朋友，又加深了對香港及書院的認識。

書院新朋友除了來港的交流生以外，還有於過去一年加入本院的中大教職員。來自不同學院的新力軍們於二月出席迎新茶聚，席間院長陳德章教授介紹書院的工作及校園設施，輔導長黎萬紅教授則展示精彩的學生活動及書院對同學的支援。新成員欣悉中大書院制的背景及其對同學個人成長的意義，亦樂於發揮所長，作出貢獻。

DELEGATION VISITIS

訪問團來訪



A delegation from Manchester University visited the College in January. Professor Albert Lee and Dr. Lancelot W.H. Mui, College Associate Deans of General Education and Professor Ming-chung Chu, Chairperson of College Student Exchange Committee, received the delegation and led a tour around our beautiful campus. Another delegation visit of around 100 students and teachers from Sichuan University followed. College student participants of the Service-Learning Trip to Sichuan held in May, 2018 were happy to share their self-reflection from the meaningful trip, as well as give a College tour to the delegates.

曼徹斯特大學訪問團於一月到訪書院，在書院副通識教育主任李大拔教授及梅維浩博士，以及學生交流委員會主席朱明中教授接待下，團員遊覽書院及參觀設施。同月還有來自四川大學約一百名師生來訪，參與二零一八年五月四川服務學習之旅的書院同學和訪問團員分享服務學習之旅的感受和體驗，並一盡地主之誼，帶他們參觀書院校舍及欣賞周遭優美環境。

COLLEGE ACTIVITIES

書院活動



FESTIVE JOY AT THE SUNNY COLLEGE! 喜迎聖誕 同賀新歲



College staff members and students celebrated the joyful season together at the College Christmas and New Year Party in mid-December. College Master Professor Anthony T.C. Chan wished every participant a happy holiday and hosted the turkey-carving ceremony. Professor Kam-fai Wong, College Associate Master and Chairperson of College Life and Personal Growth Committee, greeted all the guests before they were entertained by the amazing voices of our student performers. The appearance of Professor Wong as Santa Claus brought the event to a climax! Everyone received a fair-trade product from Santa Claus as a souvenir, encouraging 'Social Responsibility' - one of the College's core values. Participants also exchanged Christmas gifts and took the opportunity to mingle with one another.

Lunar New Year, the most important holiday for the Chinese community, came soon after the Christmas festivities. The celebration was kick-started with our Lunar New Year Lunch with College Workmen. College Master Professor Anthony T.C. Chan and his management team expressed gratitude for the workmen's hard work in keeping the campus clean and secure over the past year. Everyone had a great time enjoying the lunch and getting to know each other better. College workmen did not only bring home their bright smiles, but also

our gift packs and prizes from the lucky draw in which everyone was a winner.

Writing red couplets and tasting traditional snacks brought fun and a sense of reunion to the College hostels. Residents, be they from the West, the East or locally from Hong Kong, joined our Resident tutors, Wardens, Dean of Students and College Master in late January to prepare for Lunar New Year. They wrote down their wishes on red banners and sent their blessings to friends and family members.

What's better than beginning a refreshing new year with beautiful landscapes? Led by Professor Kam-fai Wong, fifty College students and staff members went to Tsung Tsai Yuen - Brown Walk to enjoy the scenic pine trees. Having members from the Hong Kong Professionals and Senior Executives Association at the hike and Poon Choi banquet added much delight to the day. Students took the opportunity to mingle with the professionals while breathing in fresh air and munching the delicious meal.

書院教職員與同學於二零一八年十二月舉行的聖誕及新年派對共迎佳節。院長陳德章教授，以及副院長兼才德培育及書院生活委員會主席黃錦輝教授均祝願各位享受愉快假期，其後參加者欣賞同學的歌唱表演。黃教授亦再次粉墨登場，扮演聖誕老人，維肖維妙，又派發呼應書院使命的公平貿易產品作紀念品，為派對掀起另一波高潮。隨後的交換禮物環節中，各人帶來了自己心愛的書籍、唱片或電影，不僅帶來物質上的喜悅，亦是心靈的分享。

聖誕過後，新歲緊接而至。為答謝書院工友盡心盡力保持校園整潔安全，院長陳德章教授及其管理團隊與工友共晉團年飯，並送上賀年禮品包，以表祝福。抽獎環節更是人人有份，皆大歡喜。

寫揮春和品嚐傳統小吃是慶祝農曆新年必不可缺的活動。來自海外、國內和本地的宿生跟宿舍樓導師、舍監、學生輔導長和院長共聚於書院藝廊，迎接新春，大家都樂在其中。同學們亦送予家人、朋友寫上祝福字句的揮春。

新春行大運，既有益身心，又能飽覽美景，實為賞心樂事。趁著春暖花開，黃錦輝教授帶領五十位師生及香港專業及資深行政人員協會會員呼吸大自然清新氣色，感受松仔園咖啡路的風光。沿路松樹林立，山明水秀，眾人暢談甚歡；及後大家一同享用盆菜宴，閒聊校園及職場軼事，其樂無窮。

STUDENT ACTIVITIES

學生活動



HEALTHY BODY HEALTHY MIND

心康身健



The College offers a variety of sports activities to help students keep their body and mind fit. Yoga Class gave the them a short break from academic stress and student body work. Functional Training for training students' entire body movement and Resistance Training for building muscle strength and endurance were also provided. At the regular Fitness Consultation Sessions, trainers advised students on the use of fitness equipment and enhancement of their individual workout plans.

Team effort sowed the seeds of success for the Men's Rowing Team, who won the Overall Second Runner-up with Chung Chi College at the 15th CUHK Rowing Championship, while College student Ka-wing Yip seized the Champion in Men's M1x. Likewise, the Tennis Team achieved excellent results in the Inter-collegiate Competition. In the tournament the Men's Team and Women's Team captured the First Runner-up and Third Runner-up positions

respectively. The Badminton Team and Table Tennis Team delivered their best performances too. While these winning achievements are certainly amazing, what matters even more is the strong morale and sportsmanship our athletes uphold.

書院繼續舉辦一系列活動，讓同學健身亦健心。忙於學業及莊務的同學，參加瑜珈班時可稍為喘息，重整步伐。書院亦安排功能訓練及阻力訓練：前者訓練整體肌肉系統配合，後者則增加肌肉強度及耐力。定期的健身訓練諮詢則讓同學可向駐場健身教練查詢健身器材使用方法或運動習慣改善之處。

強身健體以外，還需團體意志配合，方能成功。書院運動隊伍於各項比賽一 體現團隊精神。男子划艇隊於第十五屆中文大學賽艇錦標賽與崇基學院同獲季軍。葉嘉泳同學更在男子單人雙槳項目取得金牌。網球隊亦收穫甚豐，男子隊及女子隊於院際比賽分別勇奪亞軍及殿軍。羽毛球隊及乒乓球隊同樣表現出色。贏取獎項固然可喜，但書院運動員秉持的團隊及體育精神更為可貴。

STUDENT ACHIEVEMENTS



學生殊榮

College student Mr. Hanniel H.N. Chow once again proved his athletic talents in various tournaments.

Hanniel won First Runner-up in the Men's Senior category in the Hong Kong Island 10K City Race held in December 2018, achieving his new personal best record with 00:31:29.

In his subsequent participation in Hong Kong Athletic Series One held in January 2019, Hanniel broke the Hong Kong 3000m Steeplechase Record with his time of 9:15:03. The record had been unbroken for six years. He is now the record-keeper of both Hong Kong Youth Record and Hong Kong Record in this race.

Hanniel further challenged himself with his debut marathon distance in the Standard Chartered Hong Kong Marathon, 2019. He bested experienced local runners and seized the Champion in Men's Senior of Marathon Challenge. His record of 2:25:57 is also the best result among local runners in the event's history.

書院同學周漢聶於多項比賽展現其田徑天賦！周同學於二零一八年十二月舉行的港島十公里賽勇奪男子壯年組亞軍，並以31分29秒刷新其個人最佳紀錄。

周同學其後參加香港田徑系列賽第一站亦愈戰愈勇，於三千米障礙賽以9分15.03秒改寫保持了六年的香港紀錄。周同學現時同是三千米障礙賽的香港紀錄及香港青年紀錄保持者。

周同學於二零一九年度渣打香港馬拉松首戰全馬，即以破大會本地跑手紀錄的2小時25分57秒完成賽事，奪得馬拉松挑戰組（男子壯年組）冠軍，成績驕人。



Photo Credit: Samson Lai

STUDENT ACTIVITIES

學生活動

HARVEST TIME! 豐收時節



Having started the soil preparation for our organic farming initiative last summer, Green Team members worked diligently with a group of twenty Sunny farmers recruited at the beginning of Term One to grow fruits and vegetables at our rooftop farm. With the patient guidance from Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee and advisor of Green Team, as well as some sweat and precious time, the Sunny farmers challenged themselves by planting crops that our Sunnies have not farmed before. They harvested some succulent cherry tomatoes, cabbages, and broccoli, and generously shared the fruits of their labour with Professor Chau and their College friends. They are still anticipating bell peppers, beetroots and tomatoes to ripen.

綠色小組成員於去年暑假已開始於書院天台種植有機肥料青皮豆，令土壤肥沃，為今年的豐收作準備。在校園環境委員會主席鄒桂昌教授悉心指導下，二十位學生農夫作出新嘗試，種植不同的蔬果，例如紅菜頭及西蘭花等。經過一學期的辛勤栽種，農夫們不但付出了寶貴的時間，亦費煞心思、灑盡汗水。待果實成熟之時，他們與鄒教授及書院師生分享努力得來的成果——甜美多汁的車厘茄和翠綠的扁椰菜。

CULTURAL IMMERSION 文化探尋



This semester, Dr. Chi-chung Tsang from the School of Arts and Social Sciences at The Open University of Hong Kong was invited to speak at the Chinese Culture Table. He went through different works written by two famous writers from the Tang Dynasty best known for their delicate depiction of ladies' appearance in their *Huajian Ci*.

The College organised a French Survival Language Activity in late January and was glad to have the active participation from local, international and exchange students. Thanks to the instructor, Mr. Louis Jean Munsch, College Member from the Department of Linguistics and Modern Languages, participants learned French vocabulary for numbers, shopping, food and drinks through interactive activities. They also had the opportunity to taste French food and drinks to learn more about the dining culture in France.

Cultural activities with gourmet treats are always well-received among students. The College invited Ms. Anna W.Y. Tam, a WSET Course Tutor, and Ms. Jessica Acuña from English Language Teaching Unit to run a 'Wine and Cheese Appreciation Workshop' this semester. Through tasting different kinds of wine and cheese, students picked up English vocabulary to describe these delicacies



in various ways. They also got to know the perfect pairing of wine and cheese and had an enjoyable evening.

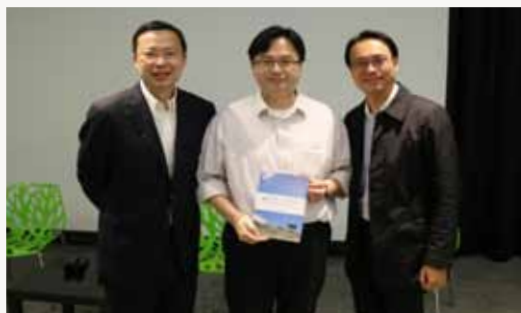
本學期文化桌邀得香港公開大學人文社會科學院曾智聰博士以《花間詞中的「嚴妝」與「淡妝」》為題，與同學一起欣賞唐代兩位著名花間詞人溫庭筠與韋莊的詞作，並指出兩位詞人描寫女性妝容之不同。

書院於一月舉辦法語工作坊，吸引一眾本地生、國際生及交換生參加。在書院成員兼語言學及現代語言系法語老師 Mr. Louis Jean Munsch 悉心教導下，參加者學會數字、購物的法語和法國人的餐桌禮儀，也品嚐了特色法國食物和飲品。

配以美食的文化活動一向深受同學歡迎。WSET英國葡萄酒與烈酒品酒師課程導師譚穎瑜女士及英語教學單位助理講師 Miss Jessica Acuña 於本學期為同學主持芝士與美酒英語工作坊，活動內容有趣而又貼近日常生活。透過品嚐不同的美酒及芝士，同學掌握到更豐富的英語詞彙，亦學到美酒與芝士的不同配搭，度過一個難忘的晚上。



CREATIVITY SHOWCASE 創作成果



Some may ask, 'am I able to do any artistic creation?'. The answer is yes, and the College is here to encourage students to give it a try!

Ms. Gigi L.C. Leung, a young Hong Kong writer, conducted three Novella Writing workshops in January. Students learnt through reading different works of literature, in-class discussions and writing practice. The workshop has helped enhance the writing ability and creativity of the participants.

A Film Appreciation and Sharing Session on 'War of the Youth 2: Love Reload' was held in January at the College Theatre. The film, with most scenes being shot at our College and CUHK, naturally appealed to the audience's liking. It was our honour to have invited Mr. Fung Ho, director of the film, and three leading actors to come and share with the audience how they tackled the problems during shooting under the moderation of College Fellow Professor Kelvin K.F. Tsoi.

Mr. Ho has also kindly served as instructor of the Microfilm Workshop. Participants learnt the skills of idea generation, video shooting and editing using basic equipment such as mobile phones during the four-session workshop. The participants made good use of what they learnt and produced their own, and for most of them their first-ever, microfilm.

文藝創作，種類繁多而題材廣闊，如何入手？書院本學期先以寫作及電影讓同學一試水溫。

香港年青作家梁莉姿導師於一連三堂的小小說工作坊，指導同學透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習寫小小說所需的技巧。課程完結後，同學的寫作能力及創作力得以大大提升。

書院於一月舉辦《青春戰記2：來得及再愛妳》電影欣賞及導演分享會。電影大部分場景都在書院和香港中文大學拍攝，自然令在場觀眾更投入，感覺親切。當晚有幸邀得賀峰導演及三位主角出席，並在書院院務委員蔡錦輝教授主持下，和觀眾分享他們如何克服拍攝期間遇到的困難。

賀峰導演更為書院首辦的微電影工作坊擔任導師，與參加者於四節的工作坊內分享電影理念，激發創意，亦教導拍攝技巧及以簡單器材如手機剪輯的心得。同學將在課堂學到的知識活學活用，製作自己的微電影，並得到導師的分析和改善建議。

STUDENT ACHIEVEMENTS



學生殊榮

Heartiest congratulations must go to College student Miss Ka-yu Cheng for capturing the Bronze Award in the 'University Chinese I' Class of the 'Literary CUHK' Essay Competition. Mr. King-to Leung and Mr. Wai-chaak also received Merit Awards in the same competition with their outstanding works. All winning pieces can be viewed at official website of 'Literary CUHK' (<https://www.chltcac.cuhk.edu.hk>). Ms. Po-kwan Wan, Ms. Cho-Jan Wang and Mr. Wai-chaak Yim joined hands with three other university students to participate in the Jockey Club - UNESCO HK Association's 'Global Citizenship Education' Project. The group won first place in the script-writing competition with a story on bipolar disorder to echo the designated theme of Good Health and Well-Being.

書院同學於文學比賽中發揮所長，成績斐然！鄭嘉裕同學於「文學中大」徵文比賽大學中文一組以「牽手」為題，贏得銅獎，作品獲評審小組讚揚行文簡潔舒徐，內容感人；嚴瑋擇同學及梁景滔同學於同一組別獲頒優異獎。所有得獎作品均上載於「文學中大」網頁 (<https://www.chltcac.cuhk.edu.hk>)，歡迎細味欣賞。尹寶鈞同學、王卓然同學及嚴瑋擇同學聯同三位大專生朋友於賽馬會香港聯合國教科文組織協會「世界公民教育」計劃劇本寫作比賽中獲獎。同學的參賽作品圍繞躁鬱症，以回應計劃中「精神健康」的學習主題。



STUDENT ACTIVITIES

學生活動

STUDENT ORGANISATION ACTIVITY HIGHLIGHTS

學生團體 綻放異彩



College students are blessed with a wide array of student organisations and their diverse activities, making their College life interesting and enriching.

Committee members of the College Music Society showcased their talents through their wonderful music performances at the College Gallery. Passersby were captivated and could not help but stop to enjoy their music.

Student Convener in Science and Technology Stream of Creativity Laboratory (clab) Mr. Marco Y.H. Chan initiated a Game Workshop to share his professional knowledge as a Computer Science major. He introduced 'Unity', the world's leading real-time game engine, to students sharing the same interest in game development. As Mr. Chan explained, whatever your major programme is, you can design your own game through Unity. Instead of programming, all you need to know is the game logic. All the participants gained a sense of achievement by designing their own games.

The Astronomy Society arranged a Water Rocket Competition, Room Escape Challenge and Virtual Stargazing Dome in January to promote popular science and astronomy among their fellow students. Those from non-science majors were particularly excited to take this rare chance to try new things!

書院學生團體各有特色，竭力為友儕舉辦多元活動，亦為書院校園添上熱鬧氣氛。

書院音樂學會「伍音畢存」幹事會成員在書院大堂進行音樂表演，不少同學都被美妙旋律吸引，駐足欣賞。

創意實驗室科學與科技主題的幹事會成員陳彥行同學主修計算機科學，並於去年底自發舉辦「小遊戲入門工作坊」，分享自己的專業領域，以全球領先遊戲軟件UNITY教導同學自行設計遊戲。參加者無需學習編寫程式，只要明白設計遊戲的邏輯即可。來自不同學科的同學參加是次工作坊，並成功設計出各有特色的獨特小遊戲。

天文學會為了推廣天文及科普知識，於一月除舉辦水火箭比賽及密室逃脫外，還有非常吸睛的星空巡禮——能於中央庭園放置的全天幕帳幕學習觀星，機會難逢！

ALUMNI NEWS 校友消息



A group of College alumni reunited in December 2018 to unveil a hidden gem of Hong Kong - the mesmerising scenery captured in College brochures and publication materials. The familiar posture and background brought back vivid memories of their old University days.

Two College alumni of the Class of 2018, Mr. Rico K.K. Lo and Mr. Chi-cheuk Tsang, have been awarded the 2018 Croucher Scholarship. Rico received his undergraduate degree in Physics (Enrichment Stream in Physics) and is currently doing his doctoral studies on uncovering exotic astrophysical events with gravitational waves at the California Institute of Technology. Chi-cheuk, a Mathematics graduate, is completing his doctoral studies at the University of California, Berkeley on G-structures from a topological perspective. Heartiest congratulations!

雖然離開，友情常在。一群書院校友於二零一八年十二月再次聚首，探索隱世香港景點。模仿書院刊物常見相片有趣之餘，亦是懷緬昔日書院生活的獨特方法。

書院校友羅嘉洛及曾之卓榮獲二零一八裘槎獎學金。嘉洛為二零一八年物理系（理論物理精研）畢業生，現於加州理工學院攻讀博士課程；之卓為二零一八年數學系畢業生，現於柏克萊加州大學攻讀博士課程。恭喜兩位校友！

LET'S SHARE

老師分享



蔡錦輝教授於何鴻燊海量數據決策分析研究中心出任研究副教授，平日工作固然與數字密不可分，但醉心研究以外，蔡教授亦有好動的一面，並擔起書院體育委員會主席一職。忙得不可開交的他早前更抽空於電影《青春戰記 2：來得及再愛你》中客串，粉墨登場背後，原來有一個「追夢」的故事。

學生記者：陳嘉穎（新聞與傳播學三年級）

蔡教授與《青春戰記》導演賀峰先生同畢業於中大統計系，二人惺惺相惜。正職是中學老師的賀峰，一直沒有放棄要當導演的夢想。他的導演之路始於「跑龍套」，從當臨時演員的過程中慢慢累積拍攝經驗，讓他打好根基，最終得到當導演的機會，這份對追求夢想的熱誠感動了蔡教授。因此，得知《青春戰記》續集背景設定為大學時，蔡教授就盡力協助，使續集可以在香港中文大學和伍宜孫書院裡拍攝。

拍攝電影的二三事

因此機緣，蔡教授參與了人生第一次的電影拍攝。他在《青春戰記2之來得及再愛你》裡當起了老師的角色，雖說是本色出演，卻比他想像中要難。一句簡單的對白，原來對聲調、語速和咬字都有相當的要求，同一個場景也需要用不同的鏡頭和角度進行數次拍攝。這跟蔡教授平時教書時很不一樣，加上在鏡頭前的壓力，蔡教授因此 NG 了數次。筆者也曾參與《青春戰記 2》的拍攝工作，擔任收音助理，自然深知蔡教授的「苦況」。電影裡自然清晰的聲音其實是電影拍攝的一大學問。為了呈現最清晰的原聲，又要避免收音時影響畫面的拍攝，收音師常常要以奇怪又辛苦的姿勢收音，又須因應現場環境，臨時轉換多種收音方法。電影製作的嚴謹也在此展露無遺。

夢的由來

「人生要由未圓到圓夢，最重要是憑著毅力，盡自己最大的努力去追夢，才可以實現夢想。」蔡教授在電影裡的對白，是否似曾相識？細心的宜孫人，定必留意到對白源於圓夢臺牌匾上，創院院長李沛良教授對同學所寄語的勉勵。正因曾在追夢路上碰壁、跌倒，蔡教授才對這句對白的意義，並對李教授的勉勵有如此深刻的共鳴，而書院工作正是關顧學生的個人成長，因此蔡教授對參與書院事務樂此不疲，希望藉此跟年輕人分享更多路途中的風景。

何謂「追夢」？

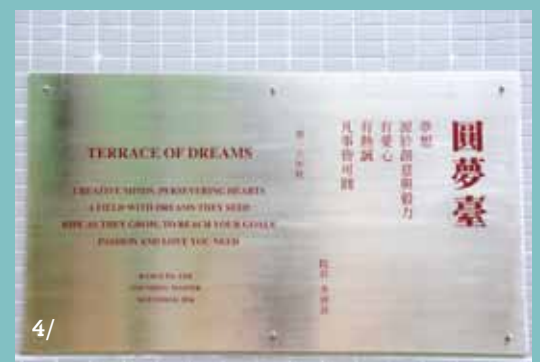
被問到「追夢」二字時，蔡教授感慨道：「近年教書的經驗讓我知道，並非每個學生都擁有夢想。而擁有夢想後願意實在地追夢，又是另一難事。」因此他十分欣賞堅持夢想的賀峰導演。他勉勵年輕人，不必因自己暫時未能確定目標而感到徬徨。假若現在不知道自己五年內「想做什麼」，可以先想想自己五年後「不想做甚麼」，透過篩選慢慢確定「想做的事」，最終必定能找到屬於自己的方向。更重要的是他認為追夢不能靠空談，應從實際上計劃如何一步一步實現夢想。追夢，確實是需要資本，但年青人最大的資本並不是金錢，而是抱著對生命的熱誠去發展自己的路，為世界作一點改變。

1/ 《青春戰記2之來得及再愛你》畫面

2/ 與同學參與地上冰壺體驗活動

3/ 《青春戰記2之來得及再愛你》電影欣賞及導演分享會

4/ 圓夢臺牌匾



YAN CHAK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO YANNAN 2018



Date 日期 27/12/2018 - 5/1/2019

Leading Teacher 領隊老師
Mr. Wai-hung Tang 鄧惠雄先生

Participants 參與同學

Ka-wing Chan 陳嘉穎 (Journalism & Comm./ 3)
Mei-ying Chan 陳美盈 (Nursing/ 3)
Chung-hung Cheung 張宗鴻 (Science/ 2)
Wing-ting Choi 蔡詠婷 (Psychology/ 2)
Jing-yi Huang 黃靜怡 (IBBA/ 2)
Ching-hei Lam 林正熙 (Geog. & Resource Mgmt./ 2)
Sin-nung Rose Lam 林善濃 (Prof. Accountancy/ 1)
Ka-kwan Lee 李嘉鈞 (Chin. Lang. & Literature/ 3)
Mei-kwan Suie Lo 盧美均 (Nursing/ 3)
Ka-man Mak 麥嘉雯 (Nursing/ 2)
Lily Ng 吳莉莉 (Cultural Studies/ 2)
Cheuk-ye To 杜卓頤 (Journalism & Comm./ 3)
Tsz-ching Wai 韋梓貞 (Nursing/ 2)
Lee-kuen Wong 黃莉娟 (Nursing/ 3)
Sum-yu Wong 王心雨 (Mech. & Auto. Engineering/ 3)
Siu-laam Woo 胡韶嵐 (Food & Nutritional Sciences/ 2)
Hiu-ting Yuen 阮曉婷 (Chin. Lang. & Literature/ 3)

Acknowledgement 鳴謝

Hong Kong Shun Lung Yan Chak Foundation
香港順龍仁澤基金會

Partner Institution 合作院校



Yunnan University
雲南大學



Seventeen Sunnies from different majors participated in the College Service-Learning Trip to Yunnan during the winter break. Accompanied by local students and staff of Yunnan University, the Sunnies went to Dayile Village to organise activities for the elderly, children and the community there. Despite the adverse weather and living conditions, they were devoted to offering a wide variety of services to the villagers.

Through the games and craftworks carefully planned before the trip, the Sunnies shared different values and knowledge with local children such as respect for others, environmental protection and healthy diet. A scientific experiment done together with the children showing the artificial pigment contained in junk food certainly raised their awareness to the ill effects of their everyday snacks.

Our students also visited the elderly with handmade paper flowers and sachets with Chinese herbs as gifts. While teaching them stretching exercise and conducting health assessments benefitted the elderly physically, making a memory book with photos from instant cameras warmed their hearts.

Dayile Village is of the Zhuang ethnic minority with unique traditions, and is unfortunately facing the problem of culture loss among the younger generation. After intensive efforts in interviewing the locals and gathering their history, as well as arts and craftworks including embroidery, bamboo weaving and local songs, our students put up an exhibition with the aim of helping extend their cultural inheritance.

At the invite of the villagers and social workers, our students made suggestions on environmental protection through recycling, reducing rubbish and keeping the river clean. They also gave advice to the social workers on the overall enhancement of the development of the village.

All the Sunnies had a fruitful time throughout the programme and have gained a deeper understanding of the culture of the Zhuang and the situation of



the 'left-behind' children and elderly. They are also reflecting on the differences between villages and cities and pondering upon how they could help the needy even further.

在雲南大學師生的陪同下，十七位就讀不同學系的書院同學前往雲南大矣勒村，為村內的長者及小孩舉辦多元化活動，並探討如何促進整體社區發展。儘管天氣惡劣，生活環境艱苦，同學仍一心一意，致力服務村民。

同學精心策劃各式各樣的遊戲及小手工，旨在傳授知識和價值觀給當地孩童，題目包括對他人的尊重、環境保護及健康飲食。由於當地社工表示孩童常吃零食，同學特意設計科學實驗，讓孩童親身明白零食內含人造色素，有損健康。

同學亦進行長者家訪，並送上自製的紙花和中藥香包，以表心意。教導簡單伸展動作及作健康評估固然有助長者保持身體健康，但相信更感動人心的，定必是與長者合力以即影即有相機製作的回憶冊。雖然相處時間有限，但建立的感情卻彌足珍貴。

大矣勒村是壯族村落，但年輕一代對壯族文化認識不深，如何傳承壯族文化成為一個棘手問題。同學透過訪問村民和社工，以及親自學習山歌、刺繡、竹編等，搜集壯族歷史、文化、傳統習俗等資料，以展覽形式與村民分享，望為文化保存出一分力。

應村民和社工邀請，同學發表了對環境保護及河流保育的建議，還提出其他促進大矣勒村發展的方向，供社工參考。

是次服務之旅同學收穫甚豐，他們對壯族文化和內地農村留守兒童和老人情況有更深厚認識，了解到城市及鄉村間的差別，並反思他們可以如何為弱勢社群提供更多幫助。





仁澤服務學習計劃： 二零一八年雲南服務學習之旅



參加這次活動前，是抱著學習、服務的心來的。意想不到的，除了是完成起初的想法外，還意外收穫了很多。

雖然和雲南大學學生相處的時間，只有短短的十天。但我們很快就打成一片，一起投入在活動之中。大家有說有笑，互相幫助，讓我很是感動。

另外，在服務學習中收穫的東西，更令我畢生難忘。透過家訪和繡花，增加了我對壯族文化的認識，也感受到了民族文化的魅力。

因為行程變動的關係，我們跟大矣勒村的老人們相處時間僅僅只有幾個小時。然而，老人們對我們的熱情不捨，讓我難以忘懷，格外感動。而大矣勒村的小朋友們，雖然調皮搗蛋，卻又那麼純真溫暖。我總在想，比起我們帶給他們的，似乎他們帶給我們的更多。當然還有非常有恒心的駐村社工們，我很敬佩她們默默奉獻犧牲的精神。即使工資低，工作量大，她們依然不辭勞苦地努力改善村子，幫助村民。

那幾天，我們不巧地碰上了全年最差的天氣。然而，在天氣惡劣、當地設備不足、團隊裡不少人都生病的情況下，我很感謝自己的隊友們一直保持著正能量，互相鼓勵，一起克服當中的困難。

最後，我知道短短的時間，對大矣勒村的貢獻其實並不足夠，但我很希望日後的大矣勒村會越變越好。而在那短短十天所經歷和學習到的，都會留下烙印，讓我難以忘懷。

吳莉莉（文化研究二年級）

還記得我們探訪了壯族一名退休老師，在與他的對答中，讓我意識到這名退休老師並非關注壯語漢化的問題。他表示學習普通話能夠更好地與他人交流，相比少數人使用的壯語，實用度更加高，因此對於壯語逐步漢化的情況，他反而持有正面的心態。

這一點確實讓我有些訝異，因為這與我們想傳承壯族文化的意願相反，使我不禁思考文化傳承與融入社會如何取得平衡的關係。如果身為壯族的一員，連他們都無法認識到自己壯族文化流失的嚴重性，缺乏保育文化的意識，那麼即使我們此刻努力進行文化傳承，其實背後的意義可能並非我們想像中的如此大。所以，我們能夠做的也許是幫他們做一個紀錄，希望他們能夠意識到壯族文化的寶貴。

時間真的過得很快，十天的內容比我想像中更為充實。我從這次的服務學習團學會了很多，例如團員之間的團隊合作、活動安排及秩序控制等等。當中最深刻的啟發應該是應變能力。因為行程安排的變動太多，如何保持冷靜，減少抱怨，一起思考解決方案，真正考驗著我們的應變能力。

最後，很感謝雲南大學師生在行程中的支援，我記得雲南大學師生在結營儀式中說到，很欣賞我們的應變能力，然而，我也很欣賞雲大同學認真的態度以及語言組織能力，他們每一次檢討會都會拿本子記錄探討的內容，並且作出回應，將自己的想法有條理地表達出來！

韋梓貞（護理學二年級）



十天的時間稍縱即逝，但所發生的點點滴滴都深深地烙印在我的心中。

猶記在出發前，我對自己定下了三個期望。第一，服務：用真誠的心去跟雲山的長者和孩子們相處，認識和關心他們。第二，學習：在香港，我們從中學就開始討論甚麼是三農問題（農業、農村、農民），甚麼是留守兒童，甚麼是空巢老人，而這次活動正正提供了寶貴的機會給我們更深入地去探討內地農村的發展困境和機遇。第三，體驗：體驗獨特的壯族文化和風俗人情。我很感恩能擁有這十天的時間，讓我可以慢慢地去實現這些期望。

還記得第一天接觸到孩子的時候，覺得他們很內斂，後來才慢慢發現他們其實內心都很熱情奔放，只是一開始不懂得表達出來。他們也是我見過最獨立懂事的一班孩子，或許這就是在沒有父母陪伴的成長環境下培養出來的孩子。內地農村的孩子和在其他地方接觸的孩子一樣，都擁有一顆純真樸素的心，但總覺得內地農村的孩子更不同的是他們從小就承擔著對未來發展的寄託，多了一份無形的責任感和包袱，而不只是單純快樂地生活著。

之後竹編、刺繡和唱山歌這些活動給了我一個深刻的壯族文化體驗。在大矣勒村，每一件用具、每一件衣服、每一首歌都體現壯族人民的智慧，而這些文化也奠定了村民對大矣勒村歸屬感的根基。

另外，大矣勒村給我最大的啟發就是人類要怎樣與大自然共存。他們的祭祀文化，甚至是生活方式都與自然環境息息相關，背後所蘊含的精神就是對大自然的敬畏和尊重。他們在不破壞環境的情況下，巧妙地運用天然資源來生活，達致永續的發展方式，而這種生活方式卻已經在現代城市慢慢消失。當一邊的人這麼喜歡大自然，而另外一邊卻在破壞這一切，這也是一個挺可悲的情況。

這次的行程伴隨著很多未知因素和變動，從一開始不確定小孩是否放假，後來的天氣問題導致行程上有很多改變，到最後順利地完成所有服務，我真的很有幸能參與其中，從策劃和執行活動的過程中學習，並認識到雲南大學的朋友。

最後，希望我們每個人小小的力量能集腋成裘，為大矣勒村帶來美好的改變，哪怕只是一點點也好。

黃莉娟（護理學三年級）





Go Green! Be Sunny!

The publicity name of Wu Yee Sun College is
'The Sunny College': half word-play on Dr. Wu's name
and half the College vision.

May the College and its members radiate positive energy
and be a passionate force that makes the world
a better place.

書院的別名是The Sunny College，它既從伍宜孫博士的「孫(Sun)」演化而來，
也寓意書院朝東，學生第一時間感受到太陽東升的朝氣與光芒，
有活力有熱誠，矢志追求理想，造福人群。

THE SUNNY POST IS PRINTED ON RECYCLED PAPER

本通訊以再造紙印刷

Editors: Miss Jenna Lara Collett Professor Ming-kay Poon

編輯: Miss Jenna Lara Collett 潘銘基教授

The Sunny Post is also available on the College website:

本通訊亦已上載至書院網頁:

www.wys.cuhk.edu.hk/news-information/publications/

The next Sunny Post will be published in June 2019

下期通訊將於二零一九年六月出版



香港中文大學伍宜孫書院
WU YEE SUN COLLEGE
THE CHINESE UNIVERSITY OF HONG KONG